

Position Statements & Recommendations

American Diabetes Association Position Statement

Recommendations:

- Advise all patients not to smoke.
- Include smoking cessation counseling and other forms of treatment as a routine component of diabetes care.

“Smoking is related to premature development of microvascular complications of diabetes and may have a role in the development of type 2 diabetes.”¹



International Diabetes Federation Position Statement

“Tobacco is harmful to health and is of particular danger to people with diabetes. All late complications of diabetes such as cardiovascular disease, foot problems, kidney and eye disease are worsened by smoking. Smoking cessation has immediate positive effects, however it is made difficult by tobacco dependence and by all forms of advertising and promotion used by the tobacco industry.”

International Diabetes Federation’s position is that:

- People with diabetes should not smoke.
- Smoking cessation should be included in all diabetes management and educational programs.
- Discussion of the dangers of smoking should be done in consultations, in all educational programs, and by diabetes organizations.
- Tobacco control should be included in all health programs at national, regional and international levels.²



American Association for Diabetes Educators Recommendations

“Effective risk reduction behaviors such as smoking cessation and regular eye, foot, and dental examinations reduce diabetes complications and maximize health and quality of life. An important part of self-care is learning to understand, seek and regularly obtain an array of preventive services.”

“Diabetes educators assist patients in gaining knowledge about standards of care, therapeutic goals, and preventive care services to decrease risks. Skills taught include smoking cessation, foot inspections, blood pressure monitoring, self-monitoring of blood glucose, aspirin use and maintenance of personal care records.”³

References:

¹American Diabetes Association. (2010). Clinical practice recommendations 2010. *Diabetes Care*, 33-1, S33.

²International Diabetes Federation. (2003). *Position statement - diabetes and tobacco use*. Retrieved from http://www.idf.org/Position_statements/diabetes_smoking

³American Association of Diabetes Educators. (2010). *AADE 7 self-care behaviors*. Retrieved from <http://www.diabeteseducator.org/ProfessionalResources/AADE7/>

Diabetes and Tobacco = A Dangerous Combination